

Using Inhalants even

one time
can **kill you**

Using inhalants even one time
can put you at risk for:
poisoning
sudden death—your heart stops
suffocation—you don't get enough oxygen
burns from fire and explosions
choking on vomit

Resources:

For immediate medical help,
call 911 or your local
emergency number.

On the Internet:

Massachusetts Inhalant Abuse Task
Force
<http://www.state.ma.us/dph/inhalant>
email:
information@CASPARyouth.org

For a referral to a local prevention
center or treatment program:

Massachusetts Substance Abuse Information
and Education Helpline
617-445-1500
800-327-5050

Massachusetts Inhalant Abuse
Task Force at CASPAR

162 Highland Ave.
Somerville, MA 02143
617-623-2080
information@CASPARyouth.org

For information about poisons and
pollutants:

Massachusetts Poison Control Center
617-232-2120
1-800-682-9211

Inhalants
poison your body

sores on the face and in the
mouth and nose
liver, lung and kidney damage
problems with seeing,
hearing, feeling and balance
nausea and nosebleeds
damage to the brain and
nerves (can destroy memory, thinking)



A Campaign to Prevent Inhalant Abuse
Bureau of Substance Abuse Services
Massachusetts Department of Public Health

What are inhalants?

Inhalants are gases and vapors from products used in homes, offices and schools that are inhaled. Because they get into your lungs and blood so quickly and because they are toxins and pollutants, they can damage all parts of your body. When people use inhalants like drugs, they are really poisoning themselves.

Questions and Answers About Inhalants

? Are inhalants addictive?

YES! Over time, inhalant abusers need more and more to get the same effect. This increases the damage that these poisons do to the brain, nerves, lungs, liver, and kidneys. Inhalant abusers may find it hard to be without inhalants—they become addicted. When they try to stop using it, they get headaches, chills, seizures and stomach cramps.

? Since inhalants are found in household products, aren't they safe?

No. Even though household, school, and shop products have useful purposes, when they are used as inhalants they are harmful and dangerous. These products are not intended to be inhaled.

? Doesn't it take many "huffs" before you're in danger?

No. One "huff" of an inhalant can kill you. Or the 10th. Or the 100th. Even if you have huffed before, there is no way to know how the next huff will affect you.

? What can you do to help someone who is using inhalants?

**Be a friend.
Help save a life.**

If you or someone you know has been using inhalants, ask for help. Talk to a school counselor or nurse, a friend, or a parent.

**Call the Massachusetts Helpline
at 617-445-1500 in Metro Boston
or 800-327-5050 to get hooked up
with a counselor near you.**

You need oxygen!

Don't pollute your body with chemicals.